



Orientation Meeting Four

Staying Healthy On-Program

Background

Getting sick can put a damper on even the most exciting travel experience. It's important you do your part to stay healthy!

Medications

- You, not your leaders, will be responsible for administering any medications you need.
- Keep any medication you need with you in your carry-on, not in checked luggage, in case it gets lost.
- Don't stop medication you take regularly just prior to travel or during travel.
- If you are prone to headaches or upset stomach, keep medication for these ailments with you.

Dehydration

- Dehydration is the most common health concern during the program, especially if your itinerary includes hot regions.
- It's important for you to pay attention to how much water you are drinking—drink lots of it!
- Keep water bottle with you at all times. Find out ahead of time if tap water is safe for each country. If it is, refill your water bottle regularly. If tap water is not safe, be prepared with some extra money to buy bottled water if you need to.
- Water will be provided with meals. Always make a point of drinking a glass (or two, or three, or four) of water at meals.
- Avoid caffeinated drinks such as coffee, tea, and soda. They can make dehydration worse.

Eating Well

- Sometimes travel can affect the appetite. You may not feel hungry or might eat less than usual because you aren't used to the different kinds of foods.
- To stay healthy, you need to eat well, even if you find you don't feel hungry at meal times.
- Look at meal times as nourishment times; as yourself what you can put in your body to keep your energy up to stay healthy.
- Try to eat a balanced diet of protein-rich foods as well as whole-grain bread, pasta or rice, and fruits and vegetables.

Homesickness

- Homesickness is a natural response to being away from home for any length of time.
- Always remind yourself that homesickness passes. You will usually feel better the next morning.
- Participate in all activities; the more fun you have, the less time you will have to feel homesick.
- Reach out to others in your delegation; you're probably not the only one who is homesick.
- Talk to your leaders; they are there to support you.
- Avoid calling home; calling home makes homesickness worse.